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## Go Ahead and Humor Me [Double CD]

*Dale Henry*

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#10962447 in Books 2005Format: AudiobookBinding: Audio CD | File size: 65.Mb

**Dale Henry : Go Ahead and Humor Me [Double CD]** before purchasing it in order to gage whether or not it would be worth my time, and all praised Go Ahead and Humor Me [Double CD]:

0 of 0 people found the following review helpful. Fantastic life lessonsBy Mark SchnelleDr. Dale Henry motivates through humor and caring. Fantastic life lessons.

Go Ahead and Humor Me takes a not-so-serious look at why our sense of humor is so helpful in making us live a less stressful life. Laughter is the best medicine and this program is medicine for the soul as well as for you personal growth.You'll learn:--Why humor is so healthful--How to understand and appreciate others--Why humor has motivational effects and how to learn things more easily--How to use humor to be more "others" centered--Why humor makes our reserves last longer